How much does a jump rope weigh?

A standard jump rope typically weighs between **3 ounces (85 grams)** and **2 pounds (0.9 kg)**, depending on its material and whether it is weighted or not[1].

Key details:

- **Basic plastic or PVC jump ropes** usually weigh around **3–4 ounces (85–113 grams)**[1].

- **Beaded ropes** and those with weighted handles are heavier; for example, a heavy beaded jump rope can weigh about **7 ounces (200 grams)**[2].

- **Special weighted ropes** can range from **1/2 pound (225 grams)** to over **2 pounds (900 grams)**, and specialized training ropes or battle rope jump ropes can go up to **4.5 kg (10 lbs)** for advanced strength workouts[1][3][4].

- **Handles** may add additional weight, especially if they are designed to be weighted (some handles weigh up to 1 pound each)[1].

In summary, most standard fitness jump ropes used for general cardio weigh around **3–8 ounces**, while heavy or specialty ropes can range from **1 pound to over 10 pounds** depending on the training purpose.

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1. https://rxsmartgear.com/blogs/news/whats-the-difference-between-a-jump-rope-and-a-speed-rope

2. https://elitejumps.co/products/heavy-beaded-jump-rope

3. https://buddyleejumpropes.com/blogs/jump-rope-training/weighted-jump-ropes

4. https://www.thewarehouse.co.nz/p/heavy-battle-ropes-weighted-fitness-jump-rope-3.8×300cm/MM5141-CNH21550-1M.html